

## **SAINIK SCHOOL KALIKIRI, CHITTOOR, ANDHRA PRADESH**

VIRTUAL ACTIVITIES FOR FIT INDIA SCHOOL WEEK CELEBRATIONS 2020

FROM 07/12/2020-12/12/2020

### **FITNESS WEEK REPORT**

The mind is the most important part of achieving any fitness goal. Mental change always comes before physical change. True wisdom comes to each of us when we realize how little we understand about life, ourselves, and the world around us. Quoting our Honorable Prime Minister of India, Shri Narendra Modi, a great visionary, "If the body is fit, the mind is a hit." In order to carry this fitness motive, Sainik School Kalikiri, organized Fit India School Week Celebrations 2020 from 07/12/2020-12/12/2020. Six days virtual activities for cadets and staff were conducted as per the CBSE Circular No Acd- 82/2020. Recognizing the vital role of the schools in spreading the awareness on fitness and implementation across the country, CBSE directed all schools to observe the virtual activities for fit India school week celebrations 2020. Sainik school kalikiri took to the virtual platform Under this directive to enthusiastically organize the following activities to spread the message of fitness thus enhancing self-esteem and confidence in them.

S.NO	DAY	DATE	ACTIVITY	REPORT	EVENT PICTURE
1	Day 1	07/12/2020	<p><b><u>Virtual Assembly</u></b></p> <p>Freehand Exercises Fun and Fitness Activities</p>	<p>As part of the Fit India School Week Celebrations, a virtual assembly, the maiden activity of the programme, was conducted with great zeal and enthusiasm. The Fit India Active Break Capsules were used for demonstration purposes. The cadets actively participated in the virtual activity and revealed the message of spreading fitness by doing freehand exercises. push-ups, dips between chairs and dips on a bench. This activity enabled them in understanding that these exercises would help build endurance and stamina which are very imperative for a successful and promising life. The cadets performed the exercises as per the instructor's moves which was shared in the following Link  <a href="https://drive.google.com/drive/folders/1t14ZOGyh9biDsw8CxmhogMwB0A8E2II?usp=sharing">https://drive.google.com/drive/folders/1t14ZOGyh9biDsw8CxmhogMwB0A8E2II?usp=sharing</a></p>	

2

Day  
2

08/12/2020

**Virtual  
Assembly**

(i) Common  
Yoga  
Practices For  
Cadets And  
Staff.

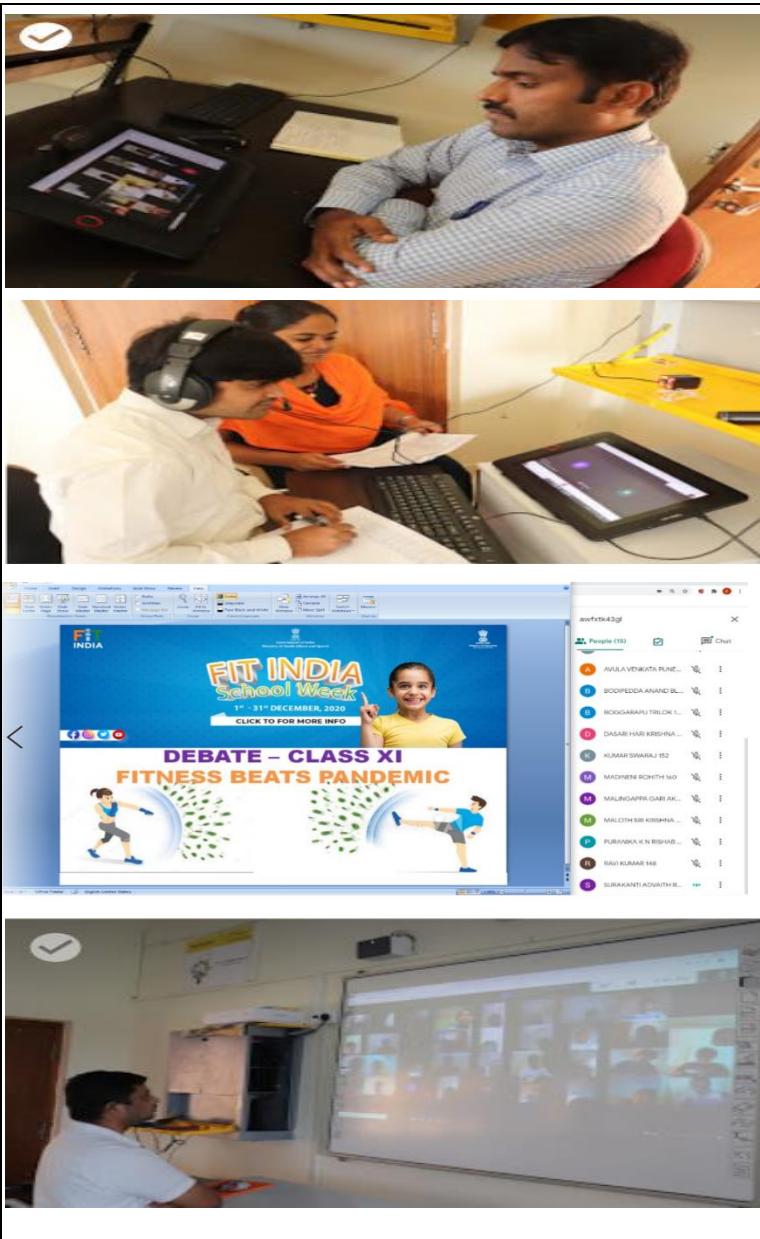
(ii)  
Motivational  
Lectures on  
“Re-  
Strengthening  
of the Mind  
Post-  
Pandemic”

As part of the ongoing virtual activities for Fit India School Week Celebrations 2020 programme, day-2, yoga session was conducted for the staff and the cadets. They actively explored some of the common yoga practices like Surya Namaskar or Sun Salutation also known to have an immensely positive impact on the body and mind. The session proved to be fruitful as both the staff and the cadets learnt the intricacies of yoga which is an age-old custom followed all over the world. The online activity ignited the cadets to learn the ins and outs of yoga.

On the same day, Cdt Vasanth Varahala, of Class 12, organized a motivational lecture on **“Re-Strengthening of The Mind Post-Pandemic”–mental fitness activities for students.** He spoke about the greatness of mental fitness which is very imperative for post-pandemic situation. He displayed video, which intensified the cadet's enthusiasm and passion of knowing the eminence of restrengthening the mind in this post-pandemic situation.



3	Day 3	09/12/2020	<p><b><u>Poster Making Competition</u></b></p> <p><b><u>Theme</u></b></p> <p>“Hum Fit Toh India Fit”</p> <p>(OR)</p> <p>“New India Fit India”</p>	<p>Wednesday, Day-3, a Poster-Making Contest was held on the theme “Hum Fit Toh India Fit” or “New India Fit India”. All the cadets took part in the event with great zeal and enthusiasm. This activity enabled the cadets to enhance their awareness about the ongoing pandemic crises. The contest was open for all cadets in all categories: Class VI-XII. They participated in the competition very actively which provided them with the golden opportunity to showcase their talent.</p>	
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4	Day 4	10/12/2020	<p>(i) Debate for Classes X to XII</p> <p>(ii) Essay Writing Competition for classes VIII &amp; IX</p> <p>(iii) Poem Writing Competition for classes VI to VII</p> <p><b>TOPIC; “Fitness beats pandemic”</b></p>	<p>As part of the Fit India School Week Celebrations, Debate Competition, Essay Writing and Poem Writing competitions were conducted online on 10 Dec 2020. The topic for the debate was “<b>Fitness Beats Pandemic</b>”, and the cadets of classes X to XII spoke fervently on the given topic. The cadets expressed their vistas in an elegant manner and underscored the need of physical fitness to have a successful and promising life. The ideas put forth by the cadets clearly depicted the significance of being fit for a blissful life and to fight effectively with the pandemic. Further the cadets of classes VIII &amp; IX, VI &amp; VII expressed their views on the importance of being fitness in an array of activities such as essay writing &amp; poem writing. All the cadets of all classes took part in the competition enthusiastically and made it a grand success. These activities instilled in the cadets the understanding for regular physical activity and higher levels of fitness, thus enhancing self-esteem and confidence in them.</p>	
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5

Day  
5

11/12/2020

**Online Quiz Competition on Fitness and Sports for classes IX to XII**

On 11 December 2020, 5th day of the celebration week, Online Quiz Competition was conducted on the topic "Fitness and Sports" In this competition cadets took part in a large number, where In, interesting quiz questions related to fitness and sports were asked.

Cadet Shivam Kumar, Class 9 A, Cdt T. Devaki Nandan 10 A, Cdt A V. Puneeth Kumar, 11C and Cdt B Jayachandra, 12 A stood first in their respective class.

The questions were posted in the Google Classroom before 15 minutes of the competition, and the teachers monitored the competition.



6	Day 6	12/12/2020	<p><b>Organizing creativity using home-based equipment for sports &amp; fitness among the cadets, teachers &amp; parents within home</b></p> <p>E.g.</p> <p>i. Hacky sack at home (juggling with feet hand warmup activities)</p> <p>ii. Aluminum foil inside a socket ball and any wooden piece bat to play cricket.</p> <p>iii. Mosquito bat and T.T ball to play badminton/ tennis.</p>	<p>The last event of the week-long Fit India Program was 'Organizing creativity using home-based equipment for sports &amp; fitness among the cadets, teachers &amp; parents within home'. Not only had the cadets taken part in the event but also their parents with great passion. They participated in the activity by playing games using homebased equipment. Some cadets exhibited out-of-the-box ideas like using a bucket filled with water used as a dumbbell, and mosquito bats as badminton racquets. Also writing pads as cricket bats and squeezing wets clothes were some of the items used by the cadets as fitness equipment. This novel activity inspired everyone to use any house hold item as fitness tool. Also learned that within home one could strengthen his/her physical fitness by making the best use of the commonly used things like bucket, wet clothes, mosquito bats, gas cylinders and etc. The goal of this activity is to maintain physical and mental stability and mood.</p>	
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